

SUBSTANCES THAT ENHANCE RECALL AND LUCIDITY DURING DREAMING

Abstract

A method of enhancing lucid dreaming comprising administration to individuals the Acetylcholine Esterase inhibitor class of drugs. Use of therapeutic agents recently developed for Alzheimer"s Disease such as Donepezil (Aricept®), Rivastigmin (Exelon®), Galantamine (Reminyl®, Nivalin®), and Huperzine results in minimal side-effects (e.g., insomnia and gastrointestinal symptoms) while significantly enhancing dreaming cognitive clarity, lucidity, self-reflection, recall, control, bizarreness, and visual vividness.